

## FITNESS CENTERS |



### AQUATIC CENTER FITNESS FACILITIES

Each fitness center includes a complete line of free weights, treadmills, bikes, stair climbers, elliptical and single station weight machines. All participants are required to wear closed toed shoes and bring a towel to work out. No one under 14 is permitted in the Fitness Center at any time. Ages 14-17 must have a waiver signed by a parent or guardian.

#### CACTUS AQUATIC & FITNESS CENTER

7202 E. Cactus Road 480-312-7665

**Fall Hours:** M-F 6am-8pm | Sa 7am-5pm | Su 10am-2pm

#### ELDORADO AQUATIC & FITNESS CENTER

2301 N. Miller Road 480-312-2484

**Fall Hours:** M-F 6am-1pm ; 3pm-8pm | Sa 8am-12pm

#### MCDOWELL MOUNTAIN RANCH AQUATIC & FITNESS CENTER

15525 N. Thompson Peak Parkway 480-312-6677

**Fall Hours:** M-F 6am-8pm | Sa 8am-2pm

**Visit:** [www.scottsdaleaz.gov/Sports/aquatics/](http://www.scottsdaleaz.gov/Sports/aquatics/) for specific hours of operation.

#### FALL FITNESS CENTER FEES:

Adult \$2(R)/\$3(NR) | Youth \$1(R)/\$1.50(NR)

Adult Swipe Cards Available:

10 Visits \$20(R)/\$30(NR) | 30 Visits \$48(R)/\$72(NR)

#### WINTER FITNESS CENTER FEES

Adult \$3(R)/\$5(NR) | Youth \$1.50(R)/\$2.25(NR)

### SENIOR CENTERS FACILITIES

A variety of cardiovascular equipment, treadmills, bikes, elliptical, weight stations and free weights available at each center

#### GRANITE REEF SENIOR CENTER

1700 N. Granite Reef Road | 480-312-1700

**HOURS:** M-F: 8am- 9pm, S: 8am- 5pm

#### VIA LINDA SENIOR CENTER

10440 E. Via Linda | 480-312-5810

**HOURS:** M-Th: 7:30am- 9pm, F-S: 7:30am- 5pm

#### FEES

**Quarterly Membership Fee:** \$40(R)/\$60(NR)

**Daily Drop-In:** \$3.00



### OPEN GYM AT ELDORADO!

Come and enjoy Indoor Open Gym Basketball at Eldorado Community Center & Park! For more information or to see the Open Gym Calendar go to:  
<http://www.scottsdaleaz.gov/parks/eldo>  
or call at 480-312-2483.



# Parcourses

## ARE GYMS AND GROUP FITNESS NOT YOUR THING?

Not to worry, we have something for everyone! Leave the dumbbells at home and visit one of our park locations with Parcourse stations on your own time and at your own pace! These stations are designed to promote physical fitness while enjoying fresh air and open green spaces.

Comanche Park | 7639 Via Paseo del Norte

Chaparral Park | 5401 N. Hayden Rd

Lafayette Park | 6745 E. Lafayette Blvd

Mountain View Park | 8625 E. Mountain View Rd

Osborn Park | 7775 E. Osborn Rd

Scottsdale Ranch Park | 10400 E. Via Linda

Scottsdale Parks and Recreation is dedicated to helping citizens make the most of our programs, parks and amenities!

## Other Exercises to do at the Park

As a warm-up, utilize our many multi use paths and get your heart rate up!

- Jumping Jacks
- High Knees
- Push Ups
- Walking Lunges
- Run up and down stairs or hills
- Plank
- Mountain Climbers
- Stretch

# CLUB SAR Fitness Center

**8055 E. CAMELBACK RD**  
**480-312-2669**

MEET YOUR FITNESS NEEDS AT OUR MULTISPORT FACILITY, WHICH OFFERS CLASSES IN BOXING, KICK-BOXING, BOOT CAMP, CONDITIONING, YOGA, ROWING AND SPIN. CLUB SAR IS COMPLETE WITH TREADMILLS, STAIR CLIMBERS, ELLIPTICALS, BIKES (SPIN AND RECUMBENT), ROWERS, FREE WEIGHTS, SINGLE STATION WEIGHT MACHINES, HEAVY AND SPEED BAGS AND FULL COURT BASKETBALL. ALL CLASSES ARE INCLUDED WITH MEMBERSHIP OR DAILY FEE (SEE BELOW).

VISIT US AT [SCOTTSDALEAZ.GOV](http://SCOTTSDALEAZ.GOV) SEARCH SAR

### HOURS:

**MON-THURS: 6AM - 9PM**

**FRI: 6AM - 8PM**

**SAT: 10AM - 3PM**

**SUN: CLOSED**

## CLUB SAR FEES AND MEMBERSHIP OPTIONS

	ADULT RESIDENT	ADULT NON-RESIDENT	YOUTH* RESIDENT	YOUTH* NON-RESIDENT
ONE (1) YEAR	\$99	\$150	\$50	\$75
THREE (3) MONTH	\$50	\$75	\$25	\$38
ONE (1) MONTH	\$20	\$30	\$10	\$15
DAILY DROP-IN	\$3	\$5	\$3	\$5

**\*AGES 14-17**

## CLUB SAR CLASSES - subject to change; instructors may vary

BOXING	W, Th & F	4:00-5:30PM
CONDITIONING	Tu & W	6:00-7:00PM
KICK BOXING	M	6:00-7:00PM
BOOT CAMP	W & F	6:15-7:15AM
	Th	6:00-7:00PM
SPINNING	M & W	5:30-6:00PM
ROWING	Tu & Th	5:30-6:00PM
YOGA	M & W	7:15-8:15PM
	SAT	10:15-11:15 AM
PERSONAL TRAINING	AVAILABLE ON REQUEST	
<b>OPEN PLAY</b> - NO INSTRUCTION		
PICKLE BALL	W	8:30-10:30AM